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Perspectives of Music and Sports for Satisfactory Anti-Aging Daily Life

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Abstract

Aging societies have been observed in Japan and other developed countries worldwide. In the light of anti-aging medicine, authors have continued several approaches such as Integrative Medicine (IM), music therapy, art therapy, frailty, rehabilitation, sports medicine and masters' athletics. For successful aging, three important factors are necessary, which are i) no illness or disability, to maintain physical/cognitive function, to continue social participation and contribution. Music has large power similar to language and communication and clinical effects physically, psychologically and socially. Various plays of the activities for elderly such as music and sports can bring processes towards achieving successful aging.

Keywords: Anti-Aging medicine, Integrative medicine, Music therapy, Masters' athletics, Successful aging.

Abbreviations: IM- Integrative Medicine, WMA-World Masters Athletics, JMA-Japan Masters Athletics.

Currently, the importance of sustainability has been emphasized internationally [1]. Furthermore, aging societies have been observed worldwide [2,3]. In September 2021, the number of elderly people aged 65 and over in Japan was revealed to be 36.4 million, which is 29.1% of the total population (Table 1) [4]. According to estimates by the National Institute of Population and Social Security Research, it seems to be 35.3% by 2040. It is quite important to discuss daily health issues for so many older people and everyone else. Some perspectives for elderly problems and anti-aging medicine would be described in this article [5]. Our research group has traditionally taken various approaches to the elderly for several fields [6].

	65-74	75 and 75<	65 and 65<
Japan	14.1	15.0	29.1
Italy	11.5	12.1	23.6
Germany	10.6	11.4	22.0
France	11.3	9.8	21.1
United Kingdom	9.9	8.9	18.8
Canada	10.6	7.9	18.6
United States	9.9	7.1	17.0
Korea	9.6	7.0	16.6
China	8.6	3.9	12.4
World average			9.6

Table 1: Percentage of the elderly population in major countries (2021).

Data of Japan is from Sept 2021. Concerning other countries, data were from World Population Prospects. The 2019 revision (United Nations) including 201 countries and districts.

They include Integrative Medicine (IM), art therapy, frailty, locomotive syndrome, rehabilitation, sports medicine and so on. For arts and culture area, some activities have continued for music therapy and art therapy [7]. For physical therapy, various treatments and exercise have been continued. The author Konoike has been engaged in Masters athletics and has been involved in various projects as a representative of Japan Masters Athletics (JMA) [8]. In fact, he has continued to participate in competitions of the World Masters Athletics (WMA) Championships for 40 consecutive years, which becomes the longest record in the world. Through these backgrounds and research, the authors have set major goals for the elderly. It is "to have a better and significant older age. In other words, it has been known as successful aging [9]. Some perspectives for realization of successful aging using music and exercise would be described in this article. There are three important factors for successful aging. The first is "no illness or disability" [10]. The second is "to maintain as high physical ability and cognitive function as possible" [11].

The third is "to continue daily active involvement such as voluntary social participation and contribution" [12]. A way of life that fulfills these three conditions is considered to be successful aging. It would be a crucial point that successful aging is feasible by lifestyle rather than heredity predisposition. In other words, daily lifestyle such as paying attention to food, exercising, and receiving intellectual stimulation would be basically important. The way of intellectual stimulation may include reading books, attending lectures and participating in social activities. Furthermore, it is recommended to keep healthy lifestyle,

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